

# Healthy Breaks Policy



At Carniny Primary School we want to encourage healthy eating among staff and pupils at break time.

We have consulted with parents and staff and as a result have adopted a Healthy Breaks policy.

We have worked with health professionals to develop this policy.

The Board of Governors is committed to this policy.

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## PROMOTING HEALTHY BREAKS IN OUR SCHOOL

As part of our Healthy Breaks policy from September 2008 **children:**

- Will be encouraged to eat fruit, vegetables or bread based products at break time.
- Will be encouraged to drink **only** milk or water at break time.

As part of our Healthy Breaks policy from September 2008, **school staff:**

- Will be encouraged to eat fruit, vegetables or bread based products at break time.
- Will be encouraged to drink **only** milk, water, tea or coffee at break time.

As part of our Healthy Breaks policy from September 2008, **parents/ those with parental responsibility:**

- Will be provided with information on the foods and drinks that are suitable for a break time snack.

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The foods and drinks recommended in the Healthy Breaks policy may be suitable for some therapeutic diets. However the child's dietary requirements devised by the dietician should be adhered to. If any issues arise teachers will consult parents/carers or relevant health professionals for advice.

Milk may be pre-ordered in the school for break time.

Water will be allowed in the school as a break time drink and throughout the day.

The healthy eating messages will be reinforced throughout the child's school day.

The staff may use treats as rewards.

The school will monitor the policy regularly.